

ENGAGE

with aquarius

"SUPPORTING YOUNG PEOPLE TO MAKE POSITIVE CHOICES ABOUT DRUG AND ALCOHOL USE"

welcome
to ...

EVO
LVE



TIPS
TO
STAY
SAFE!

meet
The
Team!

find out
more
about
WHAT WE
DO

We are
ENGAGE

advice
and
SUPPORT

GET
HELP

DRUGS
&

WHAT
are the
EFFECTS?

WALCOTTON





"SUPPORTING **YOUNG PEOPLE** TO make positive choices about **DRUG AND ALCOHOL** use"

"We are **NGAGE WITH AQUARIUS**. We work with young people aged 10 - 18 years across **NORTHAMPTONSHIRE** to provide **DRUG AND ALCOHOL** services.

our mission is to work with young people to **PREVENT OR REDUCE** their use of **DRUGS AND ALCOHOL** THROUGH **1:1 INTERVENTIONS** AND INTRODUCING THEM TO **POSITIVE, MEANINGFUL ACTIVITIES.**"

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Hard hitting Drama performance focused on Ngage Case studies

 **our team offers a free and confidential service for young people, which includes:**

- ★ **Community based assessments** for young people who demonstrate behaviours associated with the use of **drugs and/or alcohol**.
- ★ **Brief advice and information sessions** for young people at risk of or experimenting with drugs and/or alcohol.
- ★ **Awareness raising sessions** in community settings.
- ★ **Working alongside** our young people and other Aquarius colleagues to **raise awareness** about **drug and alcohol** use in local communities.
- ★ **One to one sessions** with young people assessed as needing support to make positive changes to reduce the risk of substance use.
- ★ Most of our work is **Structured** with young people.
- ★ Working with our colleagues from other Aquarius services to **identify opportunities and co-produce positive activities and events** which our young people can engage in. This includes volunteering and training opportunities for young people using our service.

NGAGE
with aquarius

Supporting **young people** to make positive choices about **drugs and alcohol**

Find out more at: www.aquarius.org.uk/NGAGE

Telephone: 01604 633848

Email: ypnorthamptonshire@aquarius.org.uk

Designed and produced by LemonPop Workshops
www.lemonpopworkshops.com





WHAT DO YOU LOVE MOST ABOUT THE JOB?

It is not really like any other job, more of a vocation! At least the parts are where I get to work with / provide support directly and advocate for and with young people.

I THINK THIS WORK IS IMPORTANT BECAUSE...

I love young people and though it is 'cheesy' I truly believe that we need to fight for them, the services and support that they receive – after all they are our future and the adults of tomorrow.

I THINK THE MOST IMPORTANT THING TO KEEP IN MIND WHEN WORKING WITH YOUNG PEOPLE IS...

LISTEN to them. Children and young people know what they need and want we need to ensure that we build individual and personalised services tailored to their needs and wishes.

INTERESTING FACT ABOUT YOURSELF?

I am double jointed!

WHAT IS YOUR JOB ROLE?

Service Manager

SOME OF THE CHALLENGES OUR YOUNG PEOPLE FACE ARE...

I could write a long list! But life today is difficult and complex for all in society with the pressures of the cost of living, the fallout from Covid/the pandemic, MH crisis, social media and cuts across services; I would not wish to be a young person trying to find my way in today's society.

ANYTHING ELSE YOU WOULD LIKE TO SAY?

I love working with Ngage with Aquarius, the young people in our service and my team. I passionately believe in our purpose to support young people to make informed decisions around substances and am proud of the measures we also take to ensure we safeguard young people where necessary.

meet the Team



zoe



EVOLVE



scan THE CODE for more information



WHAT IS YOUR JOB ROLE?

Youth Participation

WHAT DO YOU LOVE MOST ABOUT THE JOB?

I run a group called **EVOLVE** which runs every fortnight on a Tuesday evening between 5pm to 7pm. The group YP from the ages of 11 to 18. I am passionate about working with YP giving them experiences and opportunities that they will enjoy and possibly not had the opportunity to do before.

I THINK THIS WORK IS IMPORTANT BECAUSE...

Part of the personal and social development of young people is engaging and encouraging them to have some control over the world in which they live.

I THINK THE MOST IMPORTANT THING TO KEEP IN MIND WHEN WORKING WITH YOUNG PEOPLE IS...

Participation...
This is what youth work refers to me!

ANYTHING ELSE YOU WOULD LIKE TO SAY?

It is more than just taking part and includes having a role in decision making at any level which affects them, building positive relationships and gaining a sense of routine, structure and consistency.



find out "who we are" and what we do...

meet the team

Donny



WHAT IS YOUR JOB ROLE?

Outreach Practitioner

WHAT DO YOU LOVE MOST ABOUT THE JOB?

I love engaging with people and learning things about them.

I THINK THIS WORK IS IMPORTANT BECAUSE...

This work is important as it offers support for those who may be stuck.

SOME OF THE CHALLENGES OUR YOUNG PEOPLE FACE ARE...

Boredom. I believe a big problem is them finding fun and engaging activities to do in their community.

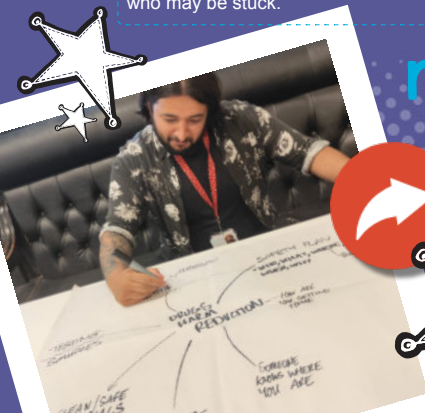
I THINK THE MOST IMPORTANT THING TO KEEP IN MIND WHEN WORKING

That each individual is at their own point in their journey and they need to be treated as individuals.

INTERESTING FACT ABOUT YOURSELF?

I enjoy wood carving and going to music events.

Rittik



WHAT IS YOUR JOB ROLE?

Team Lead

WHAT DO YOU LOVE MOST ABOUT THE JOB?

I get to work alongside the amazing hardworking practitioners and outreach team daily. I also still get to see young people regularly keeping in touch with them. I also love going to outreach sessions and youth clubs where it is less formal.

I THINK THIS WORK IS IMPORTANT BECAUSE...

Young People matter, and that their choices do not define them. Barriers that are put in place by others such as school, social media and external services.

I THINK THE MOST IMPORTANT THING TO KEEP IN MIND WHEN WORKING WITH YOUNG PEOPLE IS...

They are individuals and their experiences are their own and no one else's.

emma

SOME OF THE CHALLENGES OUR YOUNG PEOPLE FACE ARE...

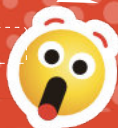
People not respecting or listening to their wants and needs.

ANYTHING ELSE YOU WOULD LIKE TO SAY?

I know that Ngage is a highly important team that enables the young people to feel empowered to be themselves.

INTERESTING FACT ABOUT YOURSELF?

I used to live on a narrow boat!



We are NGAGE **COOL**

WHAT IS YOUR JOB ROLE?

Outreach Practitioner

WHAT DO YOU LOVE MOST ABOUT THE JOB?

Getting the opportunity to work with so many varied and interesting young people during such a key stage in their lives and seeing them discover and realise their goals. Working with colleagues from such a wide range of backgrounds and experiences.

I THINK THIS WORK IS IMPORTANT BECAUSE...

There are young people who sometimes don't get access to the support or opportunities they need. If someone can help them find those opportunities and services at a young age, they can avoid years of difficulties in the future.

INTERESTING FACT ABOUT YOURSELF?

I'm currently building a scale model of a Brachiosaurus.

SOME OF THE CHALLENGES OUR YOUNG PEOPLE FACE ARE...

The stigmas directed towards them. They can be discriminated against or villainised for being "drug users" or "criminals".

I THINK THE MOST IMPORTANT THING TO KEEP IN MIND WHEN WORKING WITH YOUNG PEOPLE IS...

Everyone is different and has different needs. But the most important thing when working with young people is to show them respect and empathy.

sam

yo



WHAT IS YOUR JOB ROLE?

Administrator

WHAT DO YOU LOVE MOST ABOUT THE JOB?

The team I work with and the variety of work, no 2 days are the same.

I THINK THIS WORK IS IMPORTANT BECAUSE...

The team needs to have access to someone who knows the system and to sound off to.

I THINK THE MOST IMPORTANT THING TO KEEP IN MIND WHEN WORKING WITH YOUNG PEOPLE IS...

That they are young people and valid as such as adults we don't always know better

fiona

SOME OF THE CHALLENGES OUR YOUNG PEOPLE FACE ARE...

Life experiences that have already happened and how to deal with them appropriately, the situations they find themselves in

INTERESTING FACT ABOUT YOURSELF?

I've been lucky enough to live abroad several times in my life in very different cultures.



meet the team

WHAT DO YOU LOVE MOST ABOUT THE JOB?

Meeting lots of interesting people.
Getting out in the community.

I THINK THE MOST IMPORTANT THING TO KEEP IN MIND WHEN WORKING WITH YOUNG PEOPLE IS...

To listen to them.
Be a safe space for them to talk

WHAT IS YOUR JOB ROLE?

Drug And Alcohol Practitioner

I THINK THIS WORK IS IMPORTANT BECAUSE...

Hopefully we see young people at a stage in life where we can make a difference to their journey.

SOME OF THE CHALLENGES OUR YOUNG PEOPLE FACE ARE...

Mental health services not meeting their needs.

ANYTHING ELSE YOU WOULD LIKE TO SAY?

I would like to say thank you to every young person that has trusted me enough to share their story and work with me in their community.

nicki





WHAT IS YOUR JOB ROLE?

Drug & Alcohol Practitioner

WHAT DO YOU LOVE MOST ABOUT THE JOB?

By helping people rebuild their lives, not only gives me a sense of satisfaction but also provides a directive for life. Seeing a smile on my client's face makes a lot of difference in my life.

I THINK THIS WORK IS IMPORTANT BECAUSE...

We are supporting vulnerable youngsters to identify the right choices, which reflects on the society's future, as these young people are our future. Most of the Young people I see are from a broken families who lack love, affection and care.

I THINK THE MOST IMPORTANT THING TO KEEP IN MIND WHEN WORKING WITH YOUNG PEOPLE IS...

Youngsters have their own individuality, which we forget all the time. Most of the time, we are prejudiced and think that we have more life experience than them.

SOME OF THE CHALLENGES OUR YOUNG PEOPLE FACE ARE...

The influences from peer groups, immediate adults and social media play a potential role in the YP choices

INTERESTING FACT ABOUT YOURSELF?

I have a creative side to my personal life. I'm fond of video editing and making short films. I have done few short films in the past, but my ambition is to make a movie someday.

Donnish



WHAT IS YOUR JOB ROLE?

Complex Needs Practitioner

WHAT DO YOU LOVE MOST ABOUT THE JOB?

Meeting with young people and helping them to reach their goals. Everyone is so unique, and I enjoy working with them to identify where they want to be and supporting them to get there.

I THINK THIS WORK IS IMPORTANT BECAUSE...

Young people are the future! We should all be investing everything we have in them to support their growth.

INTERESTING FACT ABOUT YOURSELF?

I love baking, and lemon drizzle cake is my speciality!

SOME OF THE CHALLENGES OUR YOUNG PEOPLE FACE ARE...

Boredom. When there isn't anything else to do, young people find their own fun.

I THINK THE MOST IMPORTANT THING TO KEEP IN MIND WHEN WORKING WITH YOUNG PEOPLE IS...

No-one is the same, even if they're in the same classes at school.

ANYTHING ELSE YOU WOULD LIKE TO SAY?

I know that Ngage is a highly important team that enables the young people to feel empowered to be themselves.

Katharine



WHAT IS YOUR JOB ROLE?

Complex Needs Practitioner

INTERESTING FACT ABOUT YOURSELF?

In my spare time, I enjoy spending time with family and friends, reading, gym sessions and travelling.

WHAT DO YOU LOVE MOST ABOUT YOUR JOB?

With over 10 years experience working with children and young people, I have amassed a thorough understanding of the children and young people.

I am a determined and ambitious individual, who has a great deal of patience when working with children and their families.



sam

meet the team

meet the team

Babura

WHAT IS YOUR JOB ROLE?

Drug & Alcohol Practitioner

WHAT DO YOU LOVE MOST ABOUT THE JOB?

- Working with young people experiencing addiction issues can be highly rewarding.
- Supporting them in making positive changes in their lives can be fulfilling.

I THINK THIS WORK IS IMPORTANT BECAUSE...

- One to one support to service users
- Support young people to define their own needs, goals and plans for the future.

INTERESTING FACT ABOUT YOURSELF?

- Caring Person
- Great Listener
- Excellent team player
- Love watching TV

I THINK THE MOST IMPORTANT THING TO KEEP IN MIND WHEN WORKING WITH YOUNG PEOPLE IS...

- Communication
- Confidentiality
- Listening skills
- Non-judgemental approach

SOME OF THE CHALLENGES OUR YOUNG PEOPLE FACE ARE...

- Mental health
- Peer pressure and involvement with Practitioners
- Group meeting
- Unplanned visits



YOUNG PEOPLE SAY!

message to professionals

#1 DO...

we need to feel like you are on our side

#2 DO...

make sure you take our feelings into account

#3 DO...

make sure you show understanding

#4 DO...

give us time - we need a few sessions with you

#5 DO...

we need to be heard first and know you understand

DON'T

#1

DO NOT shout or blame

#2 DON'T

- CONTACT THE police
- TELL PARENTS
- OR THE exploiter

Without explaining who you are telling and WHY - We need to be heard first and know you understand

#3 DON'T

DO NOT add words to our story

#4 DON'T


do not remove us from the people we know and or put us on our own

Plz don't tell me ur version of my story cause it doesn't get us anywhere...

be more like nGage...

for advice and support on drug and alcohol use find your aquarius young people service at: a.aquarius.org.uk/yps

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with aquarius



Experience tells us that positive and meaningful activities can have a massive impact on a young person's life and help them to achieve their goals.

One way we support this is by introducing our young people to **Evolve**, a social value group of like-minded young people, run by **NGAGE**, who meet weekly.

Evolve has **three** core purposes:

#1 Creating A Youth-Orientated Service

The **Evolve** group provide us with a range of feedback on various aspects of the services we offer for young people. A key part of this process includes involving young people in the recruitment, interviewing and selection of new members of staff, marketing and communications.

#2 Training

We offer training around a variety of topic areas that young people tell us are of benefit to them (money management, for example)

#3 Peer Training

Evolve develops education projects that are important and relevant to young people and actively works to campaign and educate their peers in the local community.



EVOLVE

Evolve Group meets fortnightly 5:30-7pm
For support, please contact 01604633848
Or email ypnorthamptonshire@aquarius.org.uk



EVOLVE

EVERY OTHER TUESDAY
5:30-7:00PM

ART: WELLBEING
DISCOVERY SPACE
A SAFE SPACE
TO EXPLORE AND
SHARE IDEAS

JUST LET YOUR WORKER
KNOW IF YOU WANT TO
JOIN OUR NEXT SESSION!

“**EVOLVE** has helped me make friends and gives me pride knowing I’m part of a group and community doing productive work but in a relaxed friendly manner”
NGAGE client



**EVO
LVE**

Check out what we've been up to!

Scan the code for more information



#1

"Social skills- pushed myself to socialise and conversate in group settings"



#2

Thank-you Ngage... I can't thank-you enough for your support & brilliant communication.



#3

"very extremely lovely lovely"

#5

"B#\$%y brilliant" 😄

#4

My workers did their absolute best, helped me through hard times, and i couldn't ask for any better.



a collection of messages comments and QUOTATIONS from THOSE IMPACTED BY OUR SERVICES

Testimonials



#6

It helps to be able to talk to someone ...let it out ...and get it out of my system...

Thank you so much!

You are welcome.



#7

Hi... Just after **NGAGE** visit earlier this week, I had a call from his mum, full of praise, saying that **NGAGE** goes above and beyond to support him, the family and herself, that she listens when no-one else does. She wanted to ensure that the managers were aware. Thank you...



#8

I started working with **Ngage** when I started using benzos and opiates. **Ngage** offered me more support than any other service has, they reached above and beyond to help with getting me clean.

I worked with **Ngage** staff, who supported me through the whole process by getting me involved in different activities, talking to me when I needed it, and more.

They took me through many different techniques, coping mechanisms and ways to manage my emotions. They also helped me integrate back into society.

Overall, **Ngage** were a huge part of my recovery, did more than I'd ever expect, and I can say with confidence that I wouldn't be here today without them.



#9

I have been working with **Ngage** for nearly 3 months now. At first I was really nervous about speaking about my addiction and attending the groups, but I'm really glad I did.

I am now one month clean and even though I'm not doing the greatest, **Ngage** are people I can speak to and has helped me in my journey. Not only can I speak about my addiction but about anything...

They always listen and try to come up with a solution. The groups I attend are not the easiest, but it's helping me by making myself come out into the community. I have also found my love for art and creativity through the groups.

I never knew art would be my thing but now I really enjoy it and it helps me express myself and my emotions. I'm really thankful for all of the people from the **Ngage** who have helped me and supported me and are still supporting me.

Thank you. X



#10

When you first hear the term 'drugs worker', or 'councillor' or 'social worker', I think it's safe to say all of us young people think and say the same thing. We don't want to wait around for some government assigned worker to tell us what we already know.

That we need to behave better, go to school, and as a lovely favour, we get put on a waiting list for the next 4 years of our life, to get us the help we need now. Personally, I got referred to **Ngage** because of drug misuse, amongst a few other small things. I must've been around 15, possibly 16. I remember the day I met my worker, expecting to hate her.

She introduced herself to me, and I think I actually rolled my eyes. The first few times meeting her I would lie, because all I wanted was for these meetings to be over so I could go back to ruining my life. The thing is, when you have such bad things going on in your life, you don't want to accept any kind of help. You want the bad things to get worse until you're ruined completely. I don't exactly understand it all, but **Ngage** always did. After a short period of time I realised that **Ngage** staff were different to any of the other workers I've ever had. She seemed genuinely interested in what I had to say. When I needed things done she always got them done. In general, she was just a really nice person. Easy to talk to, and she just seemed real.

It didn't feel like she was just here to get paid. I finally felt understood, and appreciated. I would get more excited to see her every time, and I wanted to stay sober just to make her proud. But even when I couldn't handle sobriety, she was still proud. She knew I was trying, and it was genuinely so encouraging.

I never thought I'd feel comfortable opening up to some random worker, but I'm glad I did. Obviously she isn't every worker, but while being with **Ngage** I met many other lovely people.

Each worker has such a distinct personality, and I think they know just how to make you feel welcome.

To me, **Ngage** is more than just a service, it's more like a family. These are people that have spent years and years working together, and young people included. I attend a lot of **Evolve** sessions, and as one of the oldest, I always try my best to make new people feel just as welcomed as I was. I feel like **Evolve** is a good way to give back to **Ngage** after everything they've done for me, as it gives me an opportunity to help other young people, and truthfully I hope to work in a similar kind of place, as I see these workers as role models.



TOP TIPS

WHY ARE
CLOTHES
FRAGILES
WARM
REDUCTION
WHAT?
STOP?

How can i
Help
someone?!

Stay
Safe

is it
dangerous or
illegal?

How will it
affect my
BODY?

Get
Help

Cannabis is often called weed. It is a drug that can impair and slow down your brain and body. It might mean that someone's decision-making or their response times and senses are

slower. Cannabis is a plant that is most commonly known in its herbal form but there are different forms including "resin", oil and "dab/shatter".

WHAT ARE THE EFFECTS OF CANNABIS

Cannabis triggers the release of other chemicals in your brain that can make someone giggly, chatty, relaxed and some people might see or hear things that aren't there or feel paranoid and anxious.

It disrupts the delicate balance of chemicals and the signals in your brain.

It can leave people feeling unsteady, forgetful, and make them scared or anxious.

If someone keeps using cannabis regularly it can have serious long-term effects and get in the way of activities they used to enjoy or put strains on their relationships with friends and family.

#2

#1

Reduce or cut out tobacco as a mixing agent

Don't inhale too deeply. It increases the deposit of waste in your lungs.

#3

Avoid holding smoke in your lungs. It increases intake of tar.

EDIBLES

Edibles are food products that may contain **THC** (the chemical in Cannabis that makes you high), and can come in the form of sweets, gummies, lollipops, cookies, chocolate, crisps, and drinks.

The packaging is often similar to well-known sweets such as Haribo, Smarties, Nerds and chocolate bars so you or your friends might think they're safe to use.

One of the biggest risks of edibles is they take longer to work than smoking Cannabis so your friends may be at risk of using too much or accidentally overdosing.

Seek **medical attention** if you or a friend experience any of these side effects:

- Increased heart rate and blood pressure
- Confusion / Poor coordination

- Paranoia
- Hallucinations
- Panic attacks
- Vomiting

- Dry mouth
- Bloodshot eyes
- Psychosis

WHAT ARE THE EFFECTS OF EDIBLES?

There are different amounts of **THC** in different products so the affect is unpredictable – just because your friends might already smoke cannabis doesn't mean they'll get the same affect from edibles, and if this is the first time they're using, they might not be able to control the affects if they've used too much.

#1

FACE YOURSELF

There's no rush. Drink water or soft drinks between alcohol. Always wait to see how you feel when taking pills or powders.

#2

STAY HYDRATED

Drink water or juice throughout the day to stay hydrated. This will help your body deal with alcohol and other drugs you may have taken.

#3

BREAK, TAKE AND WAIT

Break pills down in to half and take one, then wait at least **45 minutes** to see how you feel before taking anymore.

#4

USE WITH PEOPLE YOU TRUST

If you are going to use **drugs**, only do so with people you know well and trust. Ask yourself "Would they help me in an **emergency**?"

#5

SOMETHING NEW?

Do some research into the drug you are thinking about using. Use websites like **drugs and me** or ask a service like **Ngage** what the risks and effects are.

#6

DO ONE OR STICK WITH NONE

Mixing drugs can increase the chances of having a bad experience and could lead to an overdose. Stick with one substance to reduce the risks.

Stay Safe



Alcohol is a depressant drug. This means it impairs and slows down the brain and body. It might mean that someone's decision-making or their response times are slower. An average adult takes about one hour to breakdown one unit of alcohol.

This can vary from person to person. **There are no "safe" drinking levels for under 18's.** For over 18's it is safest not to regularly drink more than 14 units spread across a number of days over the course of a week.

WHAT ARE THE EFFECTS OF ALCOHOL

This might make someone become very upset, scared, anxious or even aggressive.

When someone drinks it **triggers** the release of other chemicals in their brain that can make them feel more content, but it also disrupts the delicate balance of chemicals in the brain.

If someone keeps using alcohol regularly it can have **serious long-term effects** and get in the way of activities they used to enjoy, or put strains on their relationships with friends and family.

KETAMINE

WHAT ARE THE EFFECTS OF KETAMINE?

- Hallucinations
- Euphoria and relaxation
- Confusion

- Nausea and vomiting
- Anxiety
- Loss of control over your body

- Disassociation/detachment from your body
- Lack of ability to feel pain

- Slurred speech and blurred vision
- Increased heart rate and blood pressure

WHAT IS KETAMINE?

Ketamine is a dissociative anaesthetic used medically for surgeries to induce anaesthesia. People use it for recreational purposes to induce psychedelic effects.

HARM REDUCTION

Don't mix – do one or stick with none!

Test it in a small dose to know what you're taking.

Where are you? Can you get home safely? Can you call for help?

Always start with a small dose even if you know what you're taking, or you've had it before.

Do you trust the people around you? Are they sober? Can they help you in an emergency?

STAY SAFE!



OUR TOP TIPS TO STAY SAFE

WHAT IS NITROUS OXIDE?

Nitrous Oxide is a **depressant drug**. This means it impairs and slows down the brain and body. It might mean that someone's decision-making or their response times are slower. It's also known as Balloons, Nos, Whippets or Laughing Gas. There are no safe or recommended levels of use.

Nitrous Oxide disrupts the delicate balance of chemicals and the signals in your brain. It can leave people with a severe headache, dizziness,

unsteadiness and make them scared or anxious. When someone consumes **Nitrous Oxide** it can lead to suffocation or death.

WHAT ARE THE EFFECTS OF KETAMINE?

Nitrous Oxide triggers the release of other chemicals in your brain that can make someone laugh uncontrollably, feel relaxed and some people might see or hear things that aren't there.

There are also **increased risks** for people with asthma or heart conditions. If someone keeps using **Nitrous Oxide** regularly it can have serious long-term effects and get in the way of activities they used to enjoy, or put strains on their relationships with friends and family.

HARM REDUCTION

If inhaling from a balloon, only take a small breath and make sure you are in a well-ventilated area.

Since **nitrous oxide** can affect coordination, it's very important not to use it in potentially dangerous places where falls could cause injury or death.

As with all drugs, it is better not to use **nitrous oxide** alone. Having people you trust and who have knowledge of first aid around is always a good thing.



keep HYDRATED

#1

Make sure you **drink plenty of water** or non-alcoholic drinks and try to avoid the sunlight during the peak times of 10am to 2pm when it is at it's hottest.



BUDDY SYSTEM

#2

make a plan before you leave. **Stick together** and stick to the plan with your buddy. If one of you wants to leave, **leave together**.

emergency #3

In an **emergency** or if someone falls and hurts themselves, is being very sick or is unresponsive, **call 999**.

If you don't know where you are use **What3Words** to help the crew find you.

#4 consuming a DRUG

if your mate takes a **drug or alcohol**, make sure you know what they believe they have taken. Make sure they do not use alone, are not left alone and do not take any other drugs.

if a friend becomes **unconscious** make sure to place them in **THE RECOVERY POSITION** TO PREVENT CHOKING, **THEN call an ambulance**.

Start by moving the **right hand** by the **head** (as if they were waving)

Put the **left arm** across the **chest**, with the **back of the hand** resting against their **cheek**.

Then gently hold the **hand** in place and lift up the **left knee**.

Finally turn them on their side by pushing down on **the knee** and **call 999**.

#1



#2



#3



#4



for **advice and support on drug and alcohol** use find your aquarius young people service at: aquarius.org.uk/yps

NGAGE
with aquarius

BUDDY UP TO STAY SAFE #1

You tend to be safer when you are with someone you know and trust. Try and stay with them so you are not alone!

STAY IN TOUCH #2

Let family or friends know where you are and who you're with. If something happens people will know where to find you.

#3 CHARGE YOUR PHONE

Make sure you can keep your phone charged up so you can make contact with family or emergency services if you need them.

#4 REMEMBER SUNSCREEN

If we get any sun enjoy it but try not to get burnt. It can cause long term harm and it's not a good look!

EARLY WARNING SIGNS #5

If you get the feeling that you are not sure or comfortable about where you are going then make your excuses and leave. If your friend says they want to leave go with them so you can stick to your plan.

PLAN YOUR ROUTE HOME #6

What route are you taking? Who are you leaving with? Don't forget to tell your parents or carers about your plan and update them if it changes.

for advice and support on drug and alcohol use find your aquarius young people service
a.t: aquarius.org.uk/yps

NGAGE
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don't worry about calling for help

#1

Some people worry if they call 999 that they'll get into trouble. Talk to the people you are with and make a plan for what you will do if one of you needs help in an emergency. It's ok to call 999.

#2

non urgent advice

If it's not an emergency but you need some health advice you can always call 111 and ask them.



Get HELP

#3

do you know where you are?

Use the mobile app 'What3Words' or log your location when you arrive.



OUR TOP TIPS TO Stay safe

don't worry about calling for help

#4

Think about those you could talk to if you had a problem. Parent / carer / teacher, friends, friend's parent, older siblings, aunts and uncles, family friends etc. Make a list of people you trust.

speak to professionals

#5

School health nurse, GP, social worker, youth worker and non-judgmental services like Aquarius.

'KidsAid and NGAGE have been working together for the last two years to provide emotional and mental health wellbeing sessions for vulnerable young people across Northamptonshire, through wellbeing projects and therapeutic support when required.

KidsAid and NGAGE share the same value and principles in providing long-term systemic support for these vulnerable young people who may have experienced trauma and years of systemic failures in education and other arenas, which for some young people have led them to seek

the use of substances as a means of coping.

Both KidsAid and NGAGE provide non-judgemental and open spaces where we seek to encourage young people to look beyond their past and develop goals for the future that is not hindered by their experiences.

Working together with NGAGE, KidsAid hopes to bring real change and impact to the lives of young people who access our services and to provide the holistic support that is needed for our young people to continue to develop.

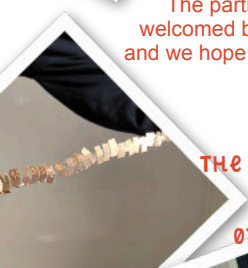


The partnership between KidsAid and NGAGE has been incredibly successful and welcomed by both charities, as seen by our feedback from the young people themselves, and we hope that we will continue to build on our projects and support in the years to come".

kids.aid is a registered charity, no. 1167852

**THE KIDSAID FOUNDATION, DOBDRIDGE CENTRE, 109 ST. JAMES ROAD,
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At **Lemonpop Workshops**, we celebrate the relationship we have with **Ngage**, partnering up to provide a safe platform for young people to discover and express themselves creatively. We value the relationship as we have been successful in delivering creative but yet meaningful programmes either as 1:1 interventions or as group activities.

Our service is focused on delivering creative therapeutic workshops, projects or activities that are centralised on understanding, developing personal values or community values and recognising the impact the values have on our lives.

The activities give participants an opportunity to develop a realisation of how to turn weaknesses into strengths therefore creating opportunities and staying safe from threats and negative outcomes... this is easily said than done as each situation differs with each participant and as practitioners, have to be conscious of this throughout the delivery. We are all different, special in our input own unique way and need to express that uniqueness so we can live a fulfilling lifestyle focused on our wellbeing, happiness and success.

As creative practitioners we have to be aware of the thin line between services and reality as the young people we work with have to go back into the situations that might have triggered them so we ensure that we can give them a sense of self and an opportunity it to develop a discerning approach that focuses on their wellbeing, happiness and success in their personal, work or professional lives.

At Lemonpop Workshops we aim to continue developing our services so that we can provide a non intrusive approach, central on the young persons needs by utilising creative arts and art practices to enhance the lives of young people!
Who Are you? What makes you unique?



We are proud to be working together with **Ngage** to provide **creative solutions** for young people to explore and discover their uniqueness or simply enjoy the sessions by engaging in activities that allow them to express their uniqueness in a creative and positive manner and enable them to feel safe. The work we do deals with sensitive issues that young people or participants or varied ages are facing so safeguarding and providing the necessary support for young people is key to our services.

For more information please contact us directly...
www.lemonpopworkshops.com

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We are NGAGE



**GET
HELP?**

**TOP
TIPS**

...in the community!

STAY SAFE!

EVOLVE

Be more like nGage...

for advice and support on drug and alcohol use find your aquarius young people service at: aquarius.org.uk/yps

NGAGE

with aquarius.



wasted

drama performance

The second year drama students at **Northampton College** put together a hard-hitting piece of theatre each year titled **"Wasted"** - based on real case studies from **Ngage** service users.

This year the play was all about a young person who fell into substance misuse after the loss of a loved one, and her journey to recovery and referral to **Ngage**.

We travelled with them around the secondary schools in the county to deliver this performance and follow it up with a Q&A session with the school students. The performers, teachers and sound/lighting techs were all amazing at getting organised and putting on the show consistently to such a high standard.

"The purpose of the play is to raise complex topics for the audience to consider and discuss, such as how they would support a friend who struggles with substances, where they could turn for help, or what issues in life may cause people to struggle with drug use."

sometimes someone may become unwell either because of the heat, an underlying health condition or they may have taken something which they haven't reacted well to.

WHAT TO DO IN AN EMERGENCY!

If someone is overheating, dehydrated, uncontrollably panicked, anxious, fitting, struggling to breathe, hyperventilating, unconscious, unable to respond or other symptoms you feel are an emergency call 999.

It's ok to call 999 and better to call them and get advice in an emergency than hesitate whilst you try and call other people for help.



#1 if someone has fallen, don't move them until you have called 999.

#2 if you know what they believe they have taken and how much they have taken, make sure you tell 999 and also paramedics.

#3 don't know where you are? use what3words to help find your location.

#5 stay with the person whilst you are speaking to 999.

#7 if they are **conscious** but awake, keep talking to them to try and keep them awake.

for advice and support on drugs and alcohol use find your aquarius young people service at: aquarius.org.uk/yps



#4 it can be really hard and upsetting for you too, so make sure you focus on calling 999 and listening to the call taker.

#6 if they are **conscious, non-responsive or unconscious**, don't try to wake them up by putting them in water, giving them a drink, scaring/shocking them or hitting them.

for advice and support on drug and alcohol use find your aquarius young people service
at: aquarius.org.uk/yp

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Aquarius is part of *Recovery Focus*, an expert group of charities inspiring recovery nationwide

RECOVERY
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 aquarius


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scan the code for
more information

